



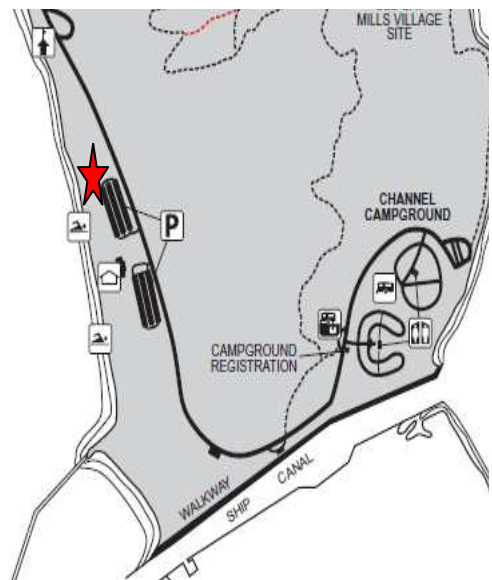
Come join Kelly from Blooming Lotus Yoga and Wellness at Muskegon State Park Saturday August 13, at 9:00AM for FREE introduction to gentle Yoga on the beach.

Yoga exercises the body and soul and Kelly wants to share her years of experience on the picturesque setting at Muskegon State Park Saturday morning. Yoga 101 is the perfect introduction to the asanas (poses) of yoga. This gentle class will include work with hips, spine and joints, as well as strengthening and balancing poses.

Yoga is a great way to increase strength, flexibility, balance, agility, mental clarity, lung capacity, and immunity. It also reduces stress and aids in relaxation, digestion, and healthier sleep patterns. This is a beginner level class. Wear comfortable clothes and be ready to relax.

The course will be held on the beach in the north corner of the day use parking lot. See the map below.

Remember this event is free and open to the public. Please RSVP by contacting Muskegon State Park at 231-744-3480 to hold your space.



www.michigan.gov/dnr

www.bloominglotustc.com/